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CHINESE COOKING CARDS
培梅菜卡

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VEGETABLES

24 Famous
Chinese dishes
for banquets
or everyday
family use.

24道名菜
家常宴客
道道適宜

蔬菜類

88.00

Sauteed Assorted Vegetables

Sauteed Assorted Vegetables

Ingredients:

1	*Bamboo shoot*
1	*Cucumber*
1	*Potato*
½	*Carrot*
10	*Mushrooms*
¼ lb.	*Broccoli*
6	*Black mushrooms*
2/3 lb.	*Winter melon or turnip*
10 pcs.	*Snow peas*
½	*Lotus root*
1	*Bean curd stick (optional)*
½ C.	*Macaroni*
1 C.	*Soup stock (chicken)*
3 T.	*Soysauce*
1 t.	*Salt*
1 t.	*Sugar*
½ T.	*Sesame oil*
5 T.	*Oil*

Procedure:

1. Cut the bamboo shoot, cucumber, potato, winter melon, carrot, lotus root, broccoli into small varied shapes, (all about the same size). Then put them into the boiling water following a sequence according to the degree of their hardness. Those hardest should be cooked first. Cook over high heat, until all become tender. After removing, plung them into cold water immediately.
2. Soak black mushrooms in warm water about 15 minutes, discard stems, and cut into appropriate size. Soften the bean curd stick with warm water and also cut it into appropriate size.
3. Cook the macaroni in boiling water about 5 minutes until soft. Remove and rinse with cold water until cool.
4. Heat 5 T. of oil in frying pan. Saute black mushrooms and mushrooms first for a few seconds. Then add all the other ingredients and add the soysauce, salt, sugar, and soup stock. Cook over high heat until the sauce thickened. Add sesame oil and serve.

* Many of these ingredients are optional. Add whatever you like.

Stuffed Tomatoes with Brown Sauce

Stuffed Tomatoes with Brown Sauce

Ingredients:

8	*Tomatoes (2" diameter)*
2/3 lb.	*Ground pork (or beef)*
3 oz.	*Small shrimp (shelled)*
1 T.	*Water chestnuts (chopped)*
1 T.	*Wine or cooking sherry*
1 t.	*Salt*
1 T.	*Soysauce*
2 T.	*Cold water*
¼ t.	*Black pepper power*
½ C.	*Oil*
2 t.	*Sugar*
2 T.	*Soysauce*
½ C.	*Water*

Procedure:

1. Chop the shrimp and ground pork finely. Put into a bowl. Add chopped water chestnuts, wine, salt, soysauce, cold water and black pepper. Mix well.
2. Blanch the tomatoes. Cut each tomato in half through its center lengthwise. Scoop out the seeds and pulp with a spoon. Sprinkle a little cornstarch inside, then put the pork and shrimp mixture into it. Smooth the filling with a wet finger.
3. Heat ½ C. of oil in a frying pan. Put the filled tomatoes in the pan (meat side down). Fry them until the meat side becomes brown. Remove and arrange in a bowl. (meat side down) Add 2 t. of sugar, 2 T. of soysauce and ½ C. of water (already mixed) on to the tomatoes. Place them in a boiling steamer to steam for 20 minutes.
4. Pour the liquid from the steamed tomatoes bowl into a small sauce pan. Add the cornstarch paste (mixed with 2 t. of cornstarch and 1 T. of water). Stir until thickened. Turn the tomato balls from bowl to serving plate and pour the sauce over it. Serve hot.

Braised Mushroom and Green Cabbage

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Braised Mushroom and Green Cabbage

Ingredients:

20 pcs.	*Green cabbage*	*½ T.*	*Sugar*
12 pcs.	*Dried black mushroom*	*1 C.*	*Soup stork*
4 T.	*Oil*	*1 T.*	*Cornstarch*
3 T.	*Saysauce*		

Procedure:

1. Remove the outer cabbage leaves and cut each cabbage into 2½" long section.
2. Boil cabbage in boiling water for about 1 minute over high heat; remove and immediately plunge into cold water, then squeeze dry.
3. Soak dried black mushroom in 1 cup warm water until soft, then remove the stem. (save the water).
4. Heat 3 T. oil in a frying pan, stir fry green cabbage, and saysauce, sugar, soup stock, water used to soak mushrooms and cook for about 2 minutes.
5. Remove the cabbage and lay it around the platter. Add the mushrooms into the same soup (#4) and cook for about ½ minutes, use a strainer to remove the mushroom and place them in the center of the platter.
6. Thicken the soup with cornstarch paste and then pour on the cabbage and mushrooms.

Sea Weed Salad

Sea Weed Salad

Ingredients:

½ lb.	*Sea weed (soaked)*	*1 t.*	*Sugar*
2 pcs.	*Red hot pepper*	*2 t.*	*Vinegar*
1 T.	*Garlic (chopped)*	*1 T.*	*Sesame oil*
2 T.	*Saysauce*	*½ t.*	*Salt*

Procedure:

1. Cut the soaked sea weed into strings about 2-3 inches long. Boil with some green onion and ginger for about 15 minutes. Remove and rinse in cold water, then drain.
2. Put the sea weed in a bowl and add the sliced red hot pepper and chopped garlic; Season with saysauce, sugar, vinegar, sesame oil and salt. Mix well.
3. Place mixed sea weed on a plate. Serve.

Sweet and Sour Cabbage

Sweet and Sour Cabbage

Ingredients:

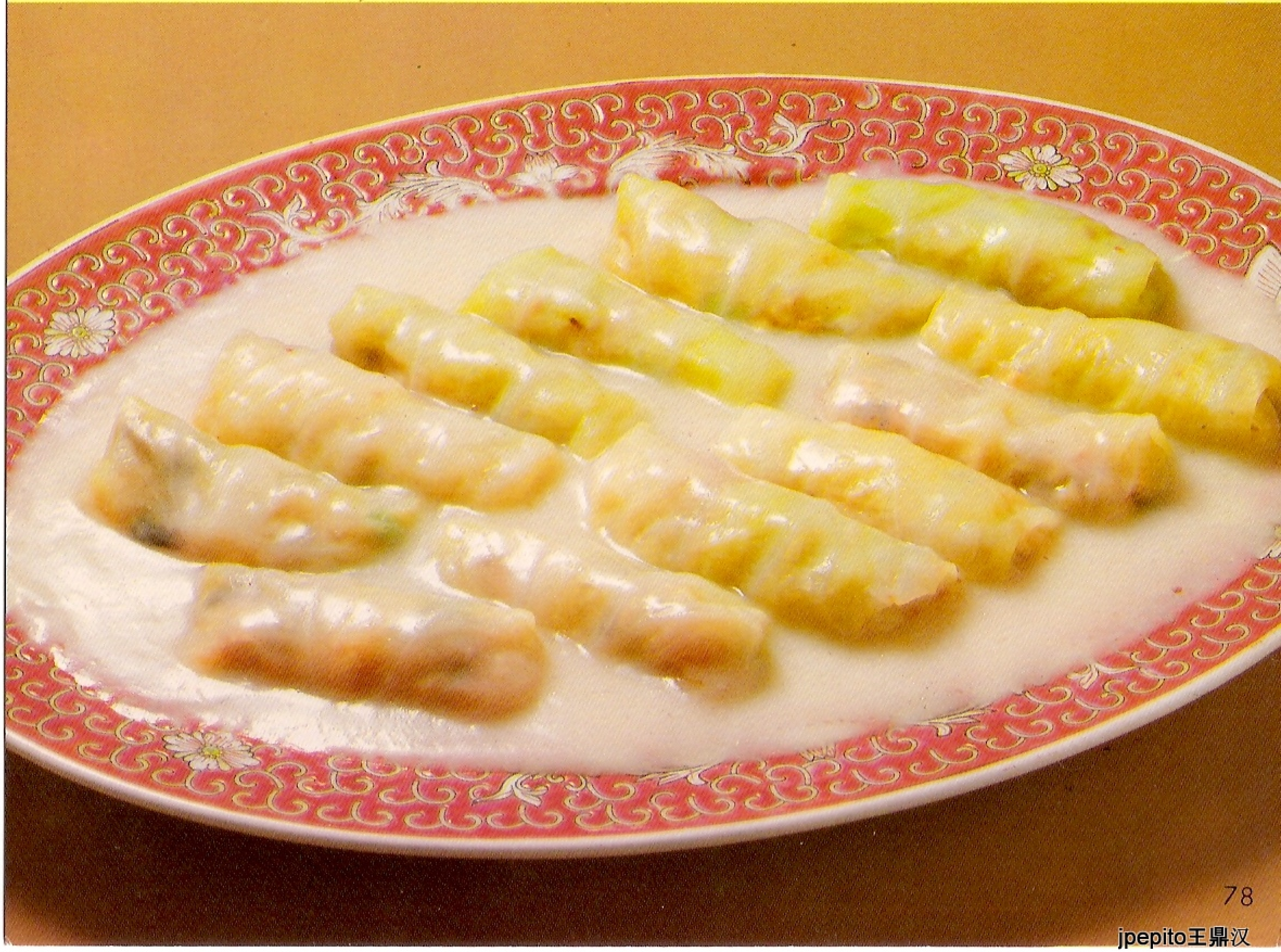
2 lbs.	*Round cabbage or Chinese cabbage*	*2 T.*	*Vinegar*
		2 T.	*Sugar*
6	*Dried hot red peppers*	*2 t.*	*Salt*
½ T.	*Brown peppercorns*	*½ T.*	*Sesame oil*
3 T.	*Soysauce*	*5 T.*	*Oil*

Procedure:

1. Remove and clean cabbage leaves. Tear into small pieces about 2” long-1½” wide. cut spine of leaf into smaller pieces.
2. Wipe clean and cut dry hot red peppers into 1 inch long strips, remove seeds.
3. Heat oil in fry pan, fry pepper corn first, when the pepper corn gets dark remove and discard. Add red pepper fry until dark, then put the cabbage in and stir quickly over high heat for 3 minutes. When the cabbage is soft add salt, sugar and soysauce, stir one more minute.
4. Add vinegar and sesame oil, stir and mix thoroughly. Transfer to plate.

* This dish tastes better when eaten cold.

Cabbage Rolls with Cream Sauce



Cabbage Rolls with Cream Sauce

Ingredients:

¼ lb.	*Chicken meat or pork*	*2 t.*	*Salt*
2	*Chicken livers (cooked)*	*2 t.*	*Cornstarch*
3 oz.	*Shirmp (shelled)*	*1½ C.*	*Soup stock*
3 oz.	*Ham*	*5 T.*	*Fresh milk (or 3 T. evaporated milk)*
4	*Mushrooms*		
½	*Bamboo shoot (chopped)*	*1½ T.*	*Cornstarch paste*
2 T.	*Green peas*	*5 T.*	*Oil*
14 pcs.	*Round cabbage leaves*		

Procedure:

1. Cut the chicken meat (or pork) into small cubes, mix with 1 t. cornstarch. In a separate bowl clean shrimp then cut into small cubes, add 1 t. cornstarch and mix well.
2. Cut the chicken liver in small cubes. Cut ham, and mushrooms into small cubes too.
3. Heat 4 T. oil in frying pan. Fry chicken meat and shrimp, stir a few seconds, add mushrooms, bamboo shoots and ham. Then add 1 t. salt and ½ C. soup stock, bring to a boil.
4. Add chicken livers and green peas, add cornstarch paste, stir until starchy, remove from pan.
5. Remove and discard core of cabbage. Place cabbage in deep pot of boiling water and gently remove softened leaves. (This is not to cook the cabbage). Cut hard spine from leaf, keeping leaf oval shaped. Place 1 T. #4 mixture in center of leaf and roll-sealing. edges with a little bit of cornstarch paste. Set on platter cut side down. Place platter in steamer and steam for 15 minutes.
6. For cream sauce; heat 1 T. oil. Add 1 C. stock quickly, seasoning with 1 t. salt, when boiling add 1 T. cornstarch paste, mix until smooth, add milk, pour over cabbage rolls and serve while hot.

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Stir Fried Assorted Vegetables Covered with Egg

Stir Fried Assorted Vegetables Covered with Egg

Ingredients:

8 oz.	*Pork (loin)*	*3*	*Eggs*
1 T.	*Soysauce*	*2 T.*	*Soysauce*
1 T.	*Cornstarch (make paste)*	*4 t.*	*Salt*
1 T.	*Cold water*	*2 T.*	*Sweet bean paste*
3 oz.	*White Leeks (cut 1" long)*	*20 pcs.*	*Green onion (2" long)*
2 oz.	*Cellophane noodles (Dry bean threads)*	*20 pcs.*	*Dan-Bing (or Spring roll skins)*
4 oz.	*Spinach (or green cabbage)*	*1 T.*	*Oil*
10 oz.	*Bean sprouts*		

Procedure:

1. Cut the pork into thin, long strips. Place in a bowl and marinate with soysauce and cornstarch paste about 15 minutes.
2. Soak the cellophane noodles in hot water about 15 minutes. Cut into 2" long. Heat 3 T. of oil in frying pan. Fry pieces of green onion. Add 2 T. of soysauce, 1 t. of salt and soaked cellophane noodles. Cook and stir about one minute. Add bean sprouts. Stir quickly over high heat until the bean sprouts are done (about 10 seconds). Remove to platter.
3. Cut the spinach into one inch lengths. Stir fry with 3 T. of heated oil a few seconds. Remove to a platter. Mix with bean sprouts.
4. Heat another 4 T. of oil in the same frying pan. Add the pork strips. Stir fry for 1 minute. Add the white leeks and stir half a minute more. Season with ½ t. of salt. Remove to same platter with bean sprouts and spinach.
5. Lightly beat eggs. Make one thin pancake (about 8" round) with the beaten eggs in the frying pan. Put the egg pancake on top of stir fried dish. Serve with green onion (on a small plate), sweet bean paste or Hoi-Sin sauce (on a small plate) and warm Dan-Bing (or Spring roll skins).
6. This is do-it-yourself meal: Put one Dan-Bing on an individual plate. Then pick up one piece of green onion with chopsticks and dip a little bit of bean paste. Rub the bean paste on the Dan-Bing. Place 2 T. of the stir fried dish on and fold one side toward center and eat.

Sze-Chuan Cucumber Relish

Sze-Chuan Cucumber Relish

Ingredients:

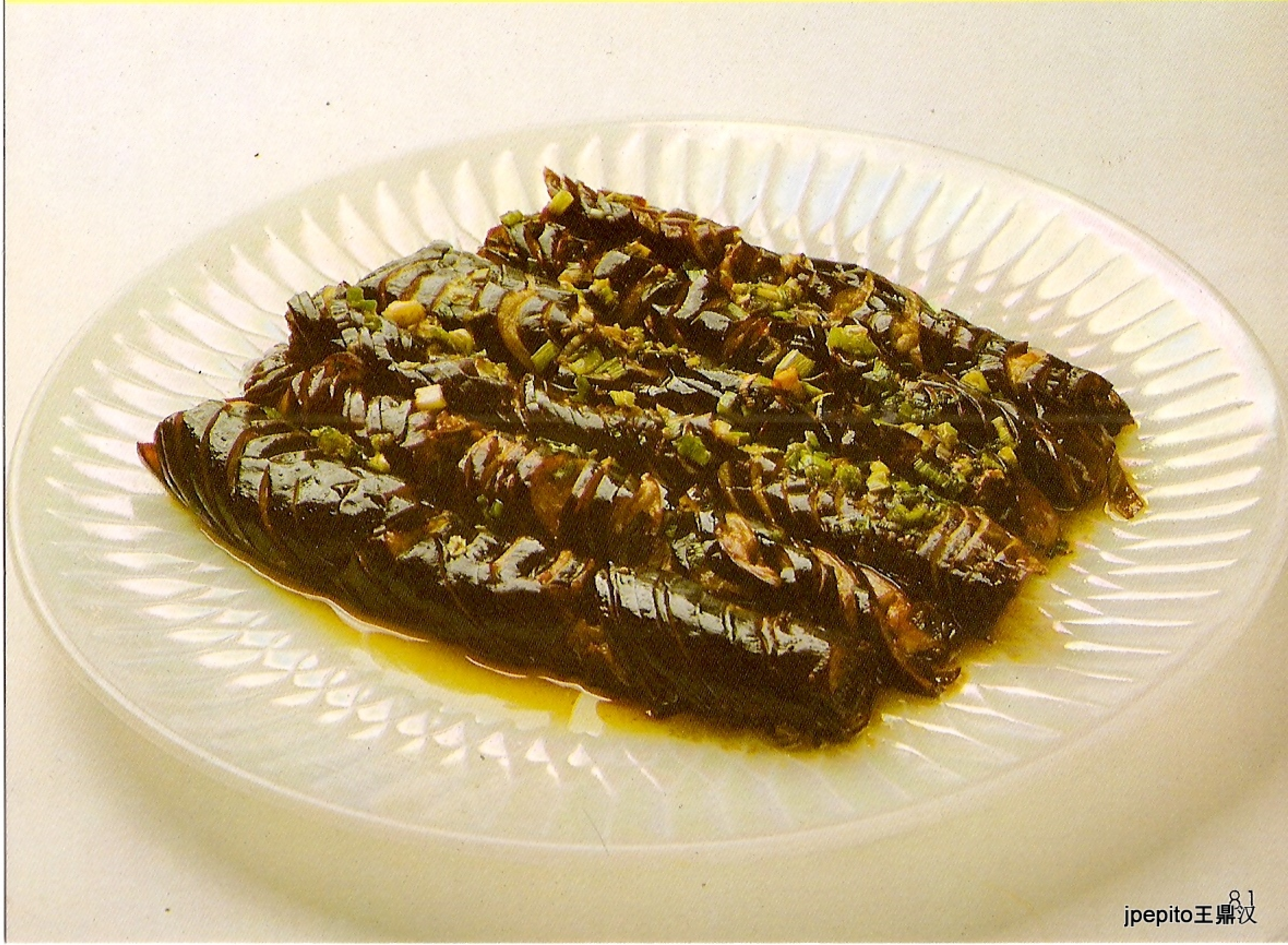
1¼ lbs	*Cucumbers (about 5 pcs)*	*2 t.*	*Salt*
15 slices	*Garlic*	*2 t.*	*Sugar*
1 t.	*Brown pepper corn*	*1 T.*	*Brown vinegar*
1 t.	*Hot bean paste*	*2 T.*	*Sesame oil*
2 T.	*Hot oil (hot red pepper oil)*		

Procedure:

1. Cut off and discard both tips of cucumber, then cut into diagonal or triangles shapes (or cut into length wise 2 inches long). Let stand in bowl, sprinkle with salt, soak two or three hours.
2. Wash the cucumber with cold water and squeeze dry. Put back in bowl.
3. Add garlic slices, brown pepper corns, hot bean paste, hot oil, sugar, vinegar and sesame oil. Mix and soak about 3 hours.

* This may be kept for 1 week in refrigerator, covered.

Thousand Layer Eggplant



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Thousand Layer Eggplant

Ingredients:

6	*Eggplants (about 1 lb.)*	*4 T.*	*Soysauce*
3 C.	*Oil*	*1 t.*	*Sugar*
½ T.	*Brown Peppercorns*	*1 t.*	*Sesame oil*
1 T.	*Green onion (chopped)*		

Procedure:

1. Choose firm purple eggplants, (the long; slender type). Remove stalk but don't peel. Score the both sides of eggplants crosswise (1/3" deep and ¼" wide).
2. Heat oil in frying pan very hot and deep fry the eggplant until the skin turns harder and the inside has become soft. Remove to plate.
3. Heat 3 T. of oil to fry the brown pepper corns. When the color turns dark, remove it and then add green onion, soysauce and sugar. After boiling add sesame oil, pour the sauce over the eggplants. Let stand for at least 2 hours.
4. Before serving cut the eggplant into 1" wide pieces and arrange on a plate.

Chicken and Cucumber Salad

Chicken and Cucumber Salad

Ingredients:

½ oz.	*Dried Agar Agar (or Vermicelli)*
2/3 C.	*Cucumber (shredded)*
½ C.	*Cooked chicken (shredded)*
2 T.	*Ham (shredded)*
1 T.	*Mustard*
2 T.	*Sesame seed paste (seasoning sauce)*
2 T.	*Cold water*
1½ T.	*Vinegar*
1 t.	*Salt*
1 T.	*Sesame oil*

Procedure:

1. Cut agar agar in 1½" long pieces. Soak in warm water about 15 minutes. Squeeze dry and lay on plate. Arrange the shredded cucumber on top of agar agar, then place the chicken shreds on top of cucumber. Sprinkle ham shreds on top, place in refrigerater to keep cool.
2. Mix mustard with 2 T. cold water until thoroughly mixed.
3. Mix the sesame seed paste with cold water, soysauce, then add vinegar, salt and sesame oil in a small bowl for seasoning sauce.
4. Pour seasoning sauce and mustard over salad. Mix all ingredients thoroughly before eating.

*1. Other kinds of meat and vegetables may be used too.
 2. Bean noodles may be subtituted for the agar agar. In this case they should be soaked in hot water longer.

Shop Suey

Chop Suey

Ingredients:

3 oz.	*Lean pork*
½	*Pork kidney (optional)*
1	*Soaked Squid (optional)*
½ C.	*Samll shrimp*
3 oz.	*Barbecued pork or ham*
1	*Bamboo shoot (cooked)*
1	*Carrot (cooked)*
1	*Green pepper*
2 oz.	*Spring onion (leeks)*

5 oz.	*Bean sprout*	
2 oz.	*Rice noodles or Vermicelli*	
2 T.	*Soysauce (seasoning Sauce)*	
2 t.	*Salt*	”
1 t.	*Sugar*	”
1 t.	*Sesame oil*	”
¼ t.	*Black pepper*	”
5 C.	*Oil*	”

Procedure:

1. Cut all the ingredients into string except shrimp.
2. Heat oil very hot, fry the rice noodles until puffed and golden (only 3 seconds each side). Remove to platter and crush finely.
3. Use the same oil to fry pork, kindey, squid and shrimp about ½ minute, remove from pan and drain oil.
4. Heat 5 T. oil in frying pan, stir fry barbecued pork, bamboo shoot, green pepper, and bean sprout, about ½ minute. Add the fried ingredients (pork, kidney, squid and shrimp) and spring onion; mix well. Add the seasoning sauce; stir fry thoroughly, pour over fried rice noodles. Serve hot.

*1. Many of these ingredients are optional. Add what you wish.
2. Bean sprouts and spring onion, should not be fried too long, keep them crispy.

Chinese Salad Rich Style

Chinese Salad Rich Style

Ingredients:

1½ C.	*Bean sprouts*
1 C.	*Celery (1" long)*
1 C.	*Shredded carrot*
1 C.	*Shredded turnip*
1 C.	*Shredded bean curd dried*
½ C.	*Shredded black fungus*
1 C.	*Cellophane noodles*
½ C.	*Shredded egg pancake*
½ C.	*Shredded pork (cooked)*
½ C.	*Shreeded chicken meat (cooked)*

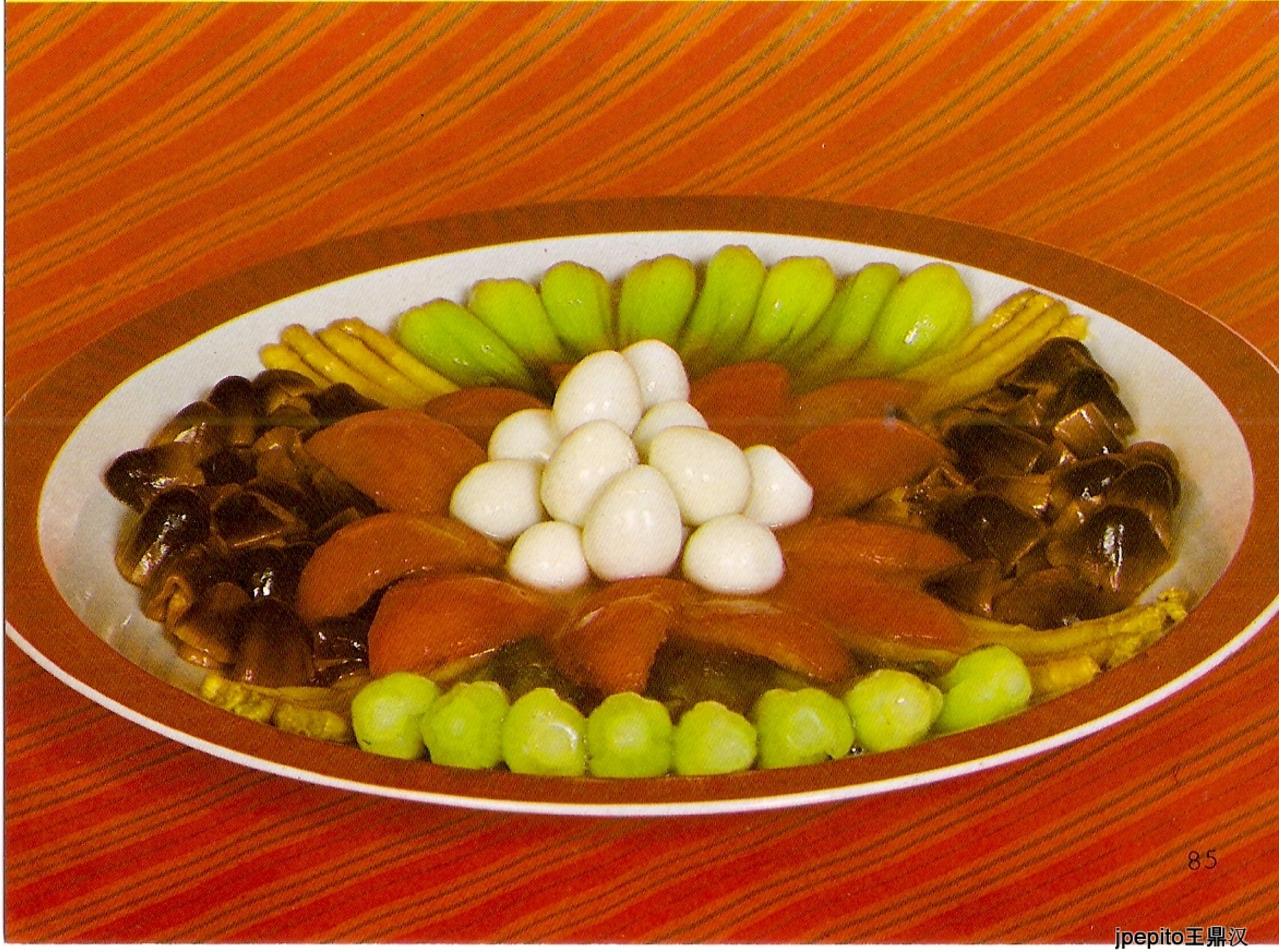
3 T.	*Light soysauce (seasoning sauce)*	
1 T.	*Vinegar*	"
2 T.	*Sesame oil*	"
1 t.	*Sugar*	"
1½ T.	*Mustard*	"
20 pcs.	*Spring roll skin*	

Procedure:

1. Cut the carrot and turnip into 1 inch long shreds. Soak them in separate bowls with ½ t. salt for about 10 minutes. Rinse with cold water and then squeeze dry.
2. Soften the fungus and cellophane noodles in warm water. Then cut into 1 inch long shreds.
3. Boil the celery and bean sprout separately in boiling water for 10 seconds. Remove and rinse with cold water. Then squeeze dry.
4. Prepare the seasoning sauce in a small bowl.
5. Arrange all of the ingredients in an attractive way on a large plate. Serve with seasoning sauce and warm spring-roll skins. Pour the seasoning sauce over the ingredients and mix well just before eating. Take one spring roll skin. Place some salad in the center of the spring roll skin, roll and fold one end and then eat.

* These ingredients can be less. Add what you wish.

Quail Egg with Assorted Vegetables



Quail Egg with Assorted Vegetables

Ingredients:

1 Can	*White asparagus or 16 pcs. fresh asperagus*
15	*Small fresh mushrooms or button mushrooms*
2	*Medium fresh tomatoes*
16	*Small green vegetable hearts or Chinese broccoli*

12 pcs.	*Quail egg (hard boiled)*
1 T.	*Saysauce*
1½ t.	*Salt*
2 T.	*Cold water (make paste)*
4 C.	*Soup stock*
3 T.	*Oil*

Procedure:

1. Place canned asparagus (with the juice) into bowl, steam 15 minutes until hot.
2. Cut the green vegetable hearts to 2½” long, cook in boiling water about 2 minutes, plunge into cold water and immediately squeeze dry.
3. Peel and cut each tomato into 6 pieces.
4. Cook the green vegetable with 2 C. boiling soup stock, add ½ t. salt and 2 T. oil. Remove after 2 minutes using a strainer, let drain dry. Lay on platter in 2 sections. Reserve the soup and use to boil the shelled quail egg about 1 minute, remove and place on the center of the platter.
5. Add tomato into the same soup (#4), cook about 10 seconds, remove and lay on platter in the center. Lay drained asparagus in 4 corner of the platter.
6. Heat 2 T. of oil fry the mushrooms, add 2/3 C. of soup stock 1 T. soysauce, cook about 1 minutes. Thicken with cornstarch paste, pour mushrooms in the 2 sides of the platter.
7. Boil 1 C. soup stock, season with ½ t. salt, add cornstarch plaste and cook until thickened. Pour on all the vegetables, but not over the mushrooms. Serve.

Dry-Cooked Bamboo Shoots

Dry-Cooked Bamboo Shoots

Ingredients:

2 lbs.	*Small bamboo shoots*	*1 T.*	*Soysauce*
3 oz.	*Ground pork*	*1½ t.*	*Salt*
2 t.	*Chopped ginger*	*1 t.*	*Sugar*
2 T.	*Chopped dried shrimp*	*½ T.*	*Sesame oil*
2 T.	*Chopped green onions*	*4 C.*	*Oil*
2 T.	*Chopped Sze-chuan cabbage*		

Procedure:

1. Cut each bamboo shoot in half lengthwise. then cut each half into 6-8 shices. Deep-fry in oil until golden brown, Remove and drain.
2. Heat 3 T. oil in frying pan, stir-fry ground pork, chopped ginger, chopped sze-chuan cabbage and chopped dried shrimp for about 1 minute. Sprinkle with soy sauce, and put the bamboo shoots into the pan. Season with salt and sugar, and stir-fry over high heat for a few seconds. Sprinkle with chopped green onion and sesame oil. Serve.

* This dish can also be served cold. If you like a hot flavor, hot bean paste may be added.

Cucumber Rolls with Sweet and Hot Sauce

Cucumber Rolls with Sweet and Hot Sauce

Ingredients:

5 Cu	*Cucumbers (about 1 lb.)*
½ T.	*Salt*
½ C.	*Oil*
1 T.	*Brown Pepper Corns*
2 pcs	*Red hot peppers*
5 shices	*Ginger*
2 T.	*Dried shrimp*
3 T.	*Sugar (seasoning sauce)*
3 T.	*Vinegar (seasoning sauce)*
1 t.	*Salt (seasoning sauce)*
1 t.	*Sesame oil (seasoning sauce)*

Procedure:

1. Choose small, fresh cucumbers. Cut off the tips and then cut into 1½ inch long sections. Peel the skin from each section turning the section in circular fashion as when peeling an apple. Discard the seeds. Put all sections in a bowl, add salt and mix well. Let stand for 2 hours.
2. Heat oil in a frying pan and fry brown pepper corns until they become dark. Remove, then add red hot pepper and ginger and stir for a while. Add dried shrimp and seasoning sauce and bring to a boil. Add cucumbers and turn off the heat immediately.
3. Pour all ingredients into a bowl and soak for about 1 day. Serve.

Two Kinds of Mushrooms with Oyster Sauce

Two Kinds of Mushrooms with Oyster Sauce

Ingredients:

20	*Straw mushroom (fresh)*	*½ T.*	*Sugar*
20	*Mushrooms (canned)*	*1 T.*	*Cornstarch*
4 T.	*Oil*	*1 T.*	*Oyster sauce*
1 T.	*Green onion (chopped)*	*2 T.*	*Oil*
1½ C.	*Soup stock*	*15 pcs.*	*Green cabbage*
2 T.	*Soysauce*	*½ t.*	*Salt*

Procedure:

1. Cut off the stems from the straw mushrooms, and boil in boiling water for about 1 minute. Remove and plunge into cold water.
2. Discard the stems from the mushrooms and rinse with cold water.
3. Heat oil, saute green onion and then add straw mushrooms and canned mushrooms; stir fry for a few seconds, seasoning with soysauce and sugar. After adding soup stock, cook for 2-3 minutes over medium heat.
4. Add cornstarch paste and stir until thickened, add 2 T. oyster sauce and hot oil and mix well. Put all onto a platter.
5. Saute green cabbage and season with salt, arrange on the platter and serve.

Stuffed Winter Melon with Ham

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Stuffed Winter Melon with Ham

Ingredients:

2 lbs.	*Winter melon*	
½ lb.	*Ground pork*	
1 T.	*Green onion (to marinate pork)*	
1/3 t.	*Ginger juice*	”
1 t.	*Salt*	”
1 t.	*Wine*	”
2 t.	*Cornstarch*	”
1 t.	*Sesame oil*	”
¼ t.	*Black pepper*	”

2 oz.	*Chinese ham*
2/3 C.	*Soup stock*
½ t.	*Salt*
¼ t.	*Black pepper*
2 t.	*Cornstarch*
½ t.	*Chicken grease*

Procedure:

1. Peel the green skin and scoop out the seeds from the winter melon. Cut into 1” wide, 1½” long, 1/3” thick (The shape should be like a hot dog bun).
2. Mix the ground pork with the green onion ginger juice, salt, wine, cornstarch, sesame oil, and black pepper. Stir it in one direction until the pork mixture is very sticky.
3. Cut the ham into ½” wide, 1½ long thin slices (16 pieces).
4. Put ½ T. of the pork mixture and one slice of ham into each double sliced of the winter melon. Arrange all the stuffed winter melon in a bowl. Add ½ C. of soup stock. Place it in a boiling steamer to steam for 20 minutes.
5. Turn the winter melon upside down onto a serving platter.
6. Bring 2/3 C. of soup stock to a boil. Season with salt and black pepper. Add cornstarch paste. Stir until thickened. Add ½ t. of chicken grease. Pour it over the winter melon. Serve hot.

Stuffed Green Peppers with Minced Shrimp

Stuffed Green Peppers with Minced Shrimp

Ingredients:

5	*Green peppers (small)*	*1 T.*	*Cornstarch (to marinate shrimp)*
½ lb.	*Shrimp (shelled)*	*1 T.*	*Water* "
2 oz.	*Pork fat (ground)*	*½ C.*	*Oil* "
1/3 t.	*Salt (to marinate shrimp)*	*1 C.*	*Soup stock*
½ T.	*Wine* "	*1½ T.*	*Soysauce*
1 T.	*Green onion chopped* "	*½ t.*	*Sugar*
1/6 t.	*Ginger juice* "	*1 t.*	*Cornstarch*
1	*Egg white* "		

Procedure:

1. Chop the shrimp and ground pork finely and put into a bowl. Add salt, wine, green onion, ginger juice, egg white, cornstarch and water. Mix well.
2. Cut each green pepper in half through its center, remove seeds and pulp. Sprinkle some cornstarch on the insides.
3. Stuff the shrimp mixture into the green peppers and smooth the surface with wet fingers.
4. Heat oil in frying pan, put the stuffed green pepper in the pan shrimp side down, and fry them until the shrimp side becomes yellow-brown. Add saysauce, sugar and soup stock, cover and cook for about 3 minutes over low heat. Add some cornstarch paste to thicken the sauce. Arrange all green peppers shrimp side up on a platter. Serve.

* Pork or chicken meat can be used instead of shrimp.

Scallops with Turnip Balls

Scallops with Turnip Balls

Ingredients:

1 oz.	*Dried scallops*	*1 T.*	*Wine or cooking sherry*
2	*Turnips (about 2 lbs.) or 30 small round radishes*	*1 T.*	*Cornstarch (make paste)*
		2 T.	*Cold water* ”
1 slice	*Ginger*	*5 T.*	*Oil*
2 t.	*Salt*	*2½ C.*	*Soup stock*

Procedure:

1. Soak the scallops in ½ C. boiling water about 2-3 hours, then steam another ½ hour. When soft, shred the scallops with fingers. Save the stock. (use in #3).
2. Cut turnips into 30 small balls with a melon ball scoop. Boil in water about 10 minutes, until soft, drain and soak in cold water.
3. Heat 4 T. oil in frying pan, add ginger and scallops. Stir fry for a few seconds, then add turnip balls, wine and soup stock. Cook about 1 minute over low heat. Add salt and stir in cornstarch paste, until thickened. Sprinkle 1 T. hot oil or chicken grease and serve.

* Instead of turnip, winter melon may be used.

Dry Cooked String Beans

Dry Cooked String Beans

Ingredients:

1¼ lbs.	*String beans*	*5 C.*	*Oil*
2 oz.	*Ground pork (or beef)*	*1 T.*	*Sugar*
2 T.	*Dry shrimp*	*½ T.*	*Brown vinegar*
2 oz.	*Salted vegetable or salted cucumber*	*2 t.*	*Salt*
2 T.	*Chopped green onion*	*1 t.*	*Sesame oil*
2 t.	*Chopped ginger*	*2 T.*	*Cold water*
		1 T.	*Soysauce*

Procedure:

1. Choose young, tender and short green beans remove tips and strings but do not cut smaller.
2. Soak dry shrimp in warm water about 10 minutes. Remove heads and feet, chop into small pieces. Cut salted vegetables into small pieces.
3. Heat oil until very hot, deep fry string beans until they are wrinkled (about 3 minutes.) Remove beans and drain off oil from frying pan. Pour string beans into the pan. Fry both sides until dark brown. Remove.
4. Put back only 2 T. oil in pan and stir fry the pork, chopped ginger, dry shrimp and salted vegetable, add salt, sugar, and water. Then add the string beans to frying pan, stir well over high heat until the sauce reduced.
5. Add vinegar and sesame oil and sprinkle in chopped green onion, stir well.

* This dish can keep a few days, and taste better eaten cold.

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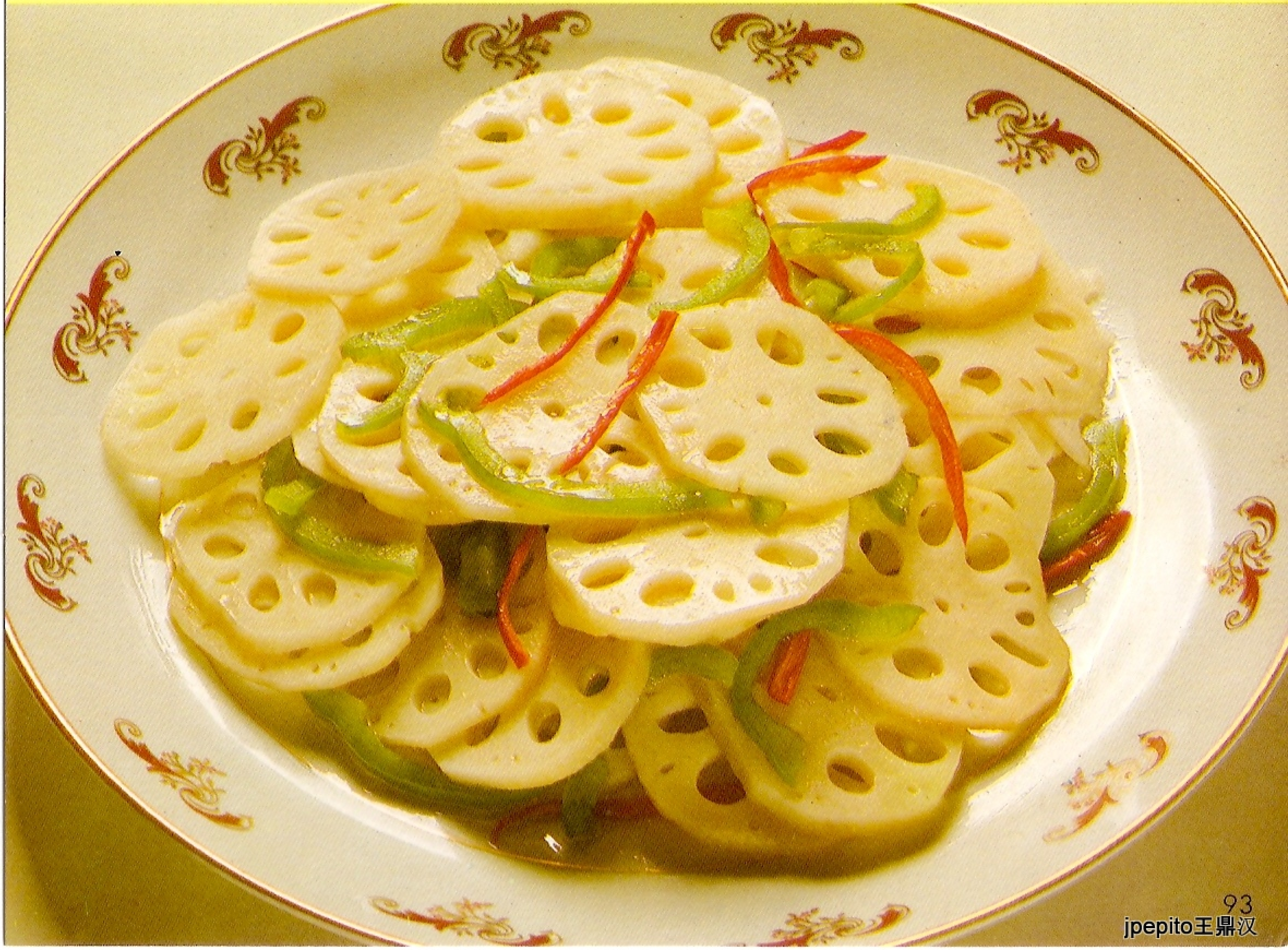
Lotus Root Salad with Sweet and Sour Sauce



Lotus Root Salad with Sweet and Sour Sauce

Ingredients:

1 Pc.	*Lotus root (about 1 lb.)*
1½ T.	*Oil*
1½ t.	*Sesame oil*
3 T.	*Sugar (seasoning sauce)*
2 T.	*Vinegar ”*
2 T.	*Cold water (seasoning sauce)*
2 t.	*Salt ”*
½ Pc.	*Green pepper*
1 Pc.	*Red hot pepper*
½ T.	*Ginger (shredded)*

Procedure:

1. Choose 1 Piece of tender young lotus root. Clean and peel it and cut into thin slices. Soak in 4 C. of cold water (add 2 T. vinegar to water). After ½ hour, remove lotus slices and drain. (This makes the lotus roots whiter).
2. Boil the lotus roots in boiling water for 10 seconds. Remove and drain, then please in a bowl.
3. Heat oil and sesame oil in frying pan and add seasoning sauce. After the sauce is boiling, turn off the heat. Add shredded green pepper, red hot pepper and ginger in. Mix well.
4. Pour the ingredients from #3 into a bowl and mix throughly with lotus roots. Let stand for at least ½ hour; serve cold.

Braised Vegetables with Scallop Sauce

Braised Vegetables with Scallop Sauce

Ingredients:

25	*Small mustard green*
8 C.	*Boiling water*
1 t.	*Baking soda*
3 C.	*Soup stock*
1 oz.	*Dried scallops*
1	*Green onion*
2 slices	*Ginger*
3 T.	*Oil*
1 T.	*Wine*
1 C.	*Soup stock*
1/6 t.	*Black pepper*
1 t.	*Salt*
½ T.	*Cornstarch*
1 t.	*Chicken oil*

Procedure:

1. Soak scallops in hot water for 3 hours. Steam for 20 minutes until soft. When cool, tear scallops into thin strips. Soak again in steamed scallop juice.
2. Remove outer leaves from each mustard green, using only the center part, (each steam about 2½ inches long). Boil 8 C. water and add baking soda. Scald mustard greens for about 1 minute, remove and rinse in cold water. Drain dry.
3. Cook mustard greens in soup stock about 3 minutes over low heat. Remove and drain.
4. Heat 1 T. oil, sauté green onion and ginger, splash with wine and add 3 C. chicken soup stock, scallops with juice, and mustard greens. Cook over low heat for 5 minutes, season with salt and black pepper, then thicken with cornstarch. Mix well, pour onto serving plate, splash chicken oil on top. Serve.

Stir-Fried Cabbage with Salted Pork

Stir-Fried Cabbage with Salted Pork

Ingredients:

3 oz.	*Salted pork or bacon*	*½ t.*	*Salt*
1¼ lb.	*Cabbage or Chinese cabbage*	*½ t.*	*Sugar*
1 T.	*Green onion (chopped)*	*1 T.*	*Soysauce*
½ T.	*Wine or cooking sherry*	*4 T.*	*Oil*

Procedure:

1. Cut the salted pork into 1"x2" slices.
2. After cleaning the cabbage, cut into strips 2" long, and 2/3" wide (leaf portions may be cut in wider pieces).
3. Heat oil in frying pan, stir-fry salted pork for about 1 minute, then add green onion and cabbage (stem portion first). Add wine, sugar and salt and stir fry until cabbage is soft.
4. Add soysauce and stir-fry again over high heat for a few seconds. Pour on to a platter and serve.

* Sausage or ham can be used instead of the salted pork. Some other vegetables can also be substituted for cabbage.

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Baked Chinese Cabbage with Carb Sauce

Baked Chinese Cabbage with Crab Sauce

Ingredients:

½ C.	*Cooked crab meat*	*4 T.*	*Oil*
2 T.	*Cooked hard crab roe*	*3 T.*	*Flour*
2 lbs.	*Chinese cabbage*	*2½ C.*	*Soup stock*
3 T.	*Oil*	*1 t.*	*Salt*
2 t.	*Salt*	*3 T.*	*Milk*
1 t.	*Sugar*		

Procedure:

1. Remove the cabbage leaves. Clean and cut into 2" crosswise slices. Then slice into ½ inch wide strips (leafy cabbage may be cut a little wider).
2. Heat 3 T. of oil in a frying pan. Put the stem portion of the cabbage in the pan. Stir fry about 1 minute until almost softened. Then add the leafy cabbage. Stir fry again over high heat until soft. Season with 2 t. of salt, 1 t. of sugar and cook until very tender. Remove the cabbage with a strainer and drain off the oil.
3. Clean the pan and heat 4 T. of oil to about 260°F. Add the flour and fry a few seconds. Pour in 2½ cups of soup stock slowly. Stir until thickened. Add 1 t. of salt, crab meat and hard crab roe. Mix well. Turn off the heat. Add the milk. Mix thoroughly. Remove half of this sauce to a bowl and reserve.
4. Put the cooked cabbage in the pan. Mix with the remaining sauce. Then place on a deeply plate. Pour the reserved sauce on top. Place in an oven (300°F.) and bake for 20 minutes until the surface turns golden brown. Serve hot.

* Fresh shrimp or scallops can be substituted for the crab meat.

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PEI MEI'S
CHINESE COOKING CARDS

VEGETABLES

Pei Mei's Cooking Cards are classified into: Chicken, Duck, Pork, Beef, Fish, Soup, Seafood, Bean curd & Eggs Vegetable, Vegetarian dishes.

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